

MURRAY SENIOR RECREATION CENTER

2019

Recreation for 55+

August

Annual Open House

Our **ANNUAL OPEN HOUSE** is on **Monday, September 9** from **5:00-8:00**. The theme is **Senior Centers: The Key to Aging Well!** and incorporates how we can grow, learn, connect, and give at our senior center.



DINNER – 2 pieces fried chicken, potato salad, baked beans, watermelon, and peach cobbler with ice cream – will be served anytime from **5:00-6:30**. Tickets are available for purchase beginning Thursday, August 1; purchase deadline is Friday, August 30. The cost is **\$8** per person or **\$28** for a family of four.

The **FAMILY CONCERT** begins at **7:00** and features the **Great Basin Street Band** who will delight you and your family. The concert is **free** and open to all ages.

Murray's Family Health and Safety Fair

We will have a booth at **MURRAY'S FAMILY HEALTH AND SAFETY FAIR** on **Monday, August 5**, at Murray Park from **6:00-9:00**. There will be live music, safety events, health events, exhibits, and food and drinks. We will be selling spins on our "wheel of fortune" and selling quilt raffle tickets. See you at this **free** event!!

Drivers Needed



We are looking to expand our pool of volunteer bus drivers for trips and Wednesday pick-ups. A CDL license is not required; however, a background check (including driving record) and a health exam is required. Training will be provided. If you are interested, please contact Wayne at 801-284-4242 or woberg@murray.utah.gov



Murray Senior Recreation Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior-Recreation-Center
Director: Tricia Cooke

Monday – Friday
8:00 – 4:30

Thursday
8:00 – 9:30

Saturday – Sunday
Closed

Ava Lynn Rivera was born on
Saturday, July 20 at 2:45 pm.
She weighed 7.8 lbs
and measured
20.5 inches long.



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2019 Special Events

Monday, September 9	Open House
Wednesday, October 16	Oktoberfest
Monday, November 4	Veterans Brunch
Wednesday, November 13	Thanksgiving Meal
Friday, December 6	Holiday Boutique



www.facebook.com/MurraySeniorRec/
www.facebook.com/MurrayCityUtah/

2019 Center Closures

Monday, September 2	Labor Day
Monday, November 11	Veterans Day
Thursday, November 28	Thanksgiving
Friday, November 29	Thanksgiving
Wednesday, December 25	Christmas

Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Guss
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Bart Harris
Building Attendant	Pete Wright

Advisory Board

Chair: Ed Houston
 Christine Clark Richard Clark
 Brenda Clausen Max Derrick
 Sandra Jones Jenny Martin
 Erich Mille Pete Wright

Heritage Senior Adults, Inc.

DONATIONS made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to the Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available at the Front Desk of the Murray Senior Recreation Center, online at murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Murray Senior Recreation Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is two working days, for trips or special events it is five working days, and for overnight trips it is six weeks in order to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMODATIONS** to participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

ANIMALS are not allowed on the premises of the Murray Senior Recreation Center except service animals as defined by Utah Code. The service animal must be wearing its service vest or the individual may present the animal's identification card or another form of identification.

April Guss is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is a time provided for comments.

Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

Nutrition: Eating Seasonally

On **Friday, August 2 at 10:30**, Ashley Quadros from Harmons will be teaching us about **EATING SEASONALLY**. Is there a difference between eating seasonally and eating locally? What are the benefits of eating with the season? Eating seasonally is easy in the summer, but how do I do it during the winter? Come and learn the answers to these questions as well as practical ways to incorporate seasonal Utah fruits and vegetables into your diet. This is a great way to add excitement and healthy eating to any lifestyle. This is a **free** class. [Register now.](#)

Navigating the Pharmacy Maze

On **Tuesday, August 6 at 10:30**, Jordan Gabrielsen from Intermountain Medical Center will be at the Center helping you figure out how to **NAVIGATE YOUR PHARMACY MAZE**. It is difficult to understand generic drugs, prescription drugs, and how they work. He will discuss important things to know about your medications and how to care for them. He will identify common concerns with over-the-counter medications. He will discuss how to organize, store, and manage your medications. This is a **free** class. [Register now.](#)

eBooks and eAudiobooks Class

On **Friday, August 9 at 10:30**, a representative from Murray City Library will teach you how to use **eBOOKS and eAUDIOBOOKS**. Bring your devices (tablet, smart phone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Also, bring your Murray Library Card. If you don't have a Murray Library Card and would like one, please bring a photo ID printed with your current address or a piece of mail with your name and current address. This is a **free** class. [Register now.](#)

Grief Support Class

On **Friday, August 9 at 10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in our **GRIEF SUPPORT CLASS**. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now.](#)

History Class: Wild Bill Hickok

On **Tuesday, August 13 at 10:30**, Jim Duignan, who originally hails from Dublin, Ireland, and is a retired history teacher, will discuss the legend of **WILD BILL HICKOK**. James Butler Hickok (May 27, 1837 – August 2, 1876), better known as “Wild Bill” Hickok, was a folk hero of the American Old West known for his work across the frontier as a drover, wagon master, soldier, spy, scout, lawman, gunfighter, gambler, showman, and actor. He earned a great deal of notoriety in his own time, much of it bolstered by the many outlandish, and often fabricated, tales that he told about his life. Some contemporaneous reports of his exploits are known to be fictitious, but they remain the basis for much of his fame and reputation along with his own stories. This is a **free** class. [Register now.](#)



AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, August 27 from 9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

Vital Aging

Melissa Foulger from Valley Mental Health's **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, August 27 at 10:30**, the wellness topic will be **STAYING ACTIVE THROUGH THE YEAR**. The summer months can be a time of warmer temperatures and longer days. The activities you enjoyed in years past may have changed. We will discuss finding new interests and staying active throughout the changing seasons. This is a **free** class. [Register now.](#)

Painting Classes

John Fackrell's six-week **WATERCOLOR** class will begin at **9:00-12:00** on **Monday, September 16** through **Monday, October 21**. Cost is **\$33**. Registration begins Tuesday, August 20.

John and Joan Fackrell's six-week **ART APPRECIATION** class will begin at **1:00-3:30** on **Monday, September 16** through **Monday, October 21**. Cost is **\$33**. Registration begins Tuesday, August 20.

Jeanette Morris' **PAINTING** class will continue through **Wednesday, August 28** at **9:00-12:00**. A new eight-week session begins on **Wednesday, September 4** through **Wednesday, November 6**. Cost is **\$40**. Registration begins Tuesday, August 27. Jeanette is an experienced teacher and paints in both watercolor and oils; she has some experience with pastels and acrylics.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. New-comers are always welcome. Bring your ideas and projects to share.

Readers Theater

The **READERS THEATER** troupe meets every **Thursday** from **3:00-4:00**. If you would like to participate, please come and join in the fun!

Dance Lesson Workshops

Starting on **Thursday, September 26** through **Thursday, October 31** from **1:00-2:00**, Kyle and Jackie Kidd will be teaching a **DANCE LESSON WORKSHOP** for beginning level dancers. No prior experience is needed; however, a dance partner is required. This is a **free** class. Register now.

Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Ashton Snelgrove and others from SoFi (Social Finance, Inc.) have one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00, 3:00, and 4:00** and **Friday** at **9:00 and 10:00**. They can assist with computers or mobile devices (including Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's six-week **GENEALOGY** class will start a new session on **Wednesday, August 7** through **Wednesday, September 11** at **12:30-2:00**. This is a **FREE** class. Register now. Space is limited to six participants.

Computer Lab

The **COMPUTER LAB** has six computers running Windows 10. Computers are available anytime a group class is not being held. There is no charge to use the computers. We ask that users sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or use the cash box located in the Computer Lab).

Stepping On

On **Wednesday, September 11** at **1:00** our **STEPPING ON** program will begin. Stepping On is a seven-week, evidence-based fall prevention, and self-management program held for two hours each session. This program will run through October 30 (no class on Wednesday, October 16).

This program covers: strength and balance exercise, medication review, vision, home modifications, safe footwear, community safety, and sleep. Salt Lake County Active Aging Services is helping to provide this workshop at no cost to participants. Each participant will receive an exercise manual. Stepping On is for people who are age 60 or older and who live independently. This is a **free** class. Register now.

Pickleball Tournament

If you play Pickleball, or want to play Pickleball, join us for a fun, free "Blind Draw" **PICKLEBALL TOURNAMENT** on **Thursday, August 1** on our outdoor Pickleball courts. Prizes will be given for the top teams. *This is for Murray Senior Recreation Center participants only.* We will draw the teams out of a hat and play starts at **8:30**. When not playing, enjoy finger foods and drinks on the patio. This is a **free** tournament. **Tournament registration deadline is Thursday, July 25.**

Summer Family Concert Series

Please note the schedule below for our 2019 Summer Family Concerts that are held on the **2nd Monday at 7:00 pm**. These concerts are **free** for all ages and are held in our Backyard Plaza. Doors open at 6:00 pm.

Monday, Aug 12 **COMPANY B** (jazz)

Monday, Sep 9 **GREAT BASIN STREET BAND** (jazz)

Family Concert: Company B

COMPANY B is a vocal trio that pack dance floors with their energy and tight harmonies, backed by a band of Utah's premier jazz instrumentalists. These vocalists had their beginnings in Southern California as the ladies began their musical careers in a variety of genres from barbershop, musical theater, bluegrass, blues, and jazz. Members Hayley Kirkland and Cassie Gadd are true sisters with Kate Plewe adding a third harmony to complete their sound as a modern-day Andrews Sisters.



Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Monday, August 12** and **26** from **10:30-12:30**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

The Old Time Fiddlers will be playing for the brunch café on **Monday, August 26** from **10:30-11:30**.

Volunteer of the Month: Sue Benton



The Center is pleased to announce that our Volunteer of the Month for August is **Sue Sharp-Benton**. Sue has been volunteering at the Center since June 2011.

On a beautiful day in September 1943, Sue was born the fifth child in a family of ten children. She grew up on a rural dairy farm north of Preston, Idaho. Life on a farm was not easy, but she learned the value of hard work.

She attended both school and church in the same rural schoolhouse. After graduating from Preston High School in 1961, she moved to Salt Lake City to attend LDS Business School. She started working as a policy typist and retired as an auto claims adjuster.

She married Larry Benton and they just celebrated their 56th wedding anniversary. They have two children, five grandchildren, and one great-grandchild.

Some of Sue's hobbies are traveling, reading, scrapbooking, playing cards, attending the symphony and ballet, and watching Jazz games and her grandson's hockey games.

Sue has made 300+ hats for the homeless, cashiers for the summer brunches, and is our canasta volunteer. She always comes with a smile on her face and is willing to help in any way she can. She will be honored at our annual **Volunteer Banquet** on **Monday, August 5**.

Murray Senior Rec Center's Golf League

GOLF LEAGUE tournaments are for players 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play. The initial golf league fee is **\$7**. *Registration (reg) begins the Friday before the tournament prior and the payment deadline (dl) is the Monday prior to the scheduled tournament.*

Aug 12	8:00	Old Mill	\$43	reg 7/26 dl 8/5
Aug 26	7:30	Bountiful Ridge	\$43	reg 8/09 dl 8/19
Sep 09	8:00	The Ridge	\$45	reg 8/23 dl 8/30
Sep 23	8:30	Meadowbrook	\$41	reg 8/23 dl 9/16



Monthly Calendar

2019

Murray Senior Recreation Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior
-Recreation-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

MONDAY	TUESDAY
9:00 NIA (<i>exercise room</i>) 5 10:15 Pickleball (<i>outside only</i>) 11:00 Volunteer Banquet (<i>invite only</i>) 11:00 Bridge Lessons 12:30 Strength and Balance Class 1:00 Movie: FOR YOUR EYES ONLY 2:00 Strength Conditioning Murray's Family Health and Safety Fair Murray Park 6:00-9:00	8:30 Ceramics 6 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 10:30 Navigating the Pharmacy Maze 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
8:00 GOLF: Old Mill 12 9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 10:30 Brunch Café 11:00 Bridge Lessons 12:30 Strength and Balance Class 1:00 Movie: SHAZAM! 2:00 Strength Conditioning 7:00 FAMILY CONCERT Company B	8:30 Ceramics 13 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / History Class 11:00 Heber City 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 1:30 Attorney Consultation 2:00 Beginning Line Dance
9:00 NIA 19 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Strength and Balance Class 1:00 Movie: A SUMMER TO REMEMBER 2:00 Strength Conditioning	8:30 Ceramics 20 9:00 Gentle Yoga 9:30 NO Line Dance 10:30 Tai Chi 11:30 Lunch 12:00 Medicare Counseling 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
7:30 GOLF: Bountiful Ridge 26 9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 10:30 Brunch Café featuring music by The Old Time Fiddlers 11:00 Bridge Lessons 12:30 Strength and Balance Class 12:30 Personal Training 1:00 Movie: A LAWLESS STREET 2:00 Strength Conditioning	8:30 Ceramics 27 9:00 NO Gentle Yoga 9:30 Line Dance 9:30 Smart Driving 10:30 Tai Chi / Vital Aging 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 NO Computer Help 2:00 Beginning Line Dance

WEDNESDAY	THURSDAY	FRIDAY
	8:30 Pickleball Tournament 1 8:30 Ceramics 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 5:00 Springville World Folkfest 7:00 Evening Social Dance	9:00 Zumba 2 9:00 Computer Help 10:00 Yoga 10:30 Nutrition: Eating Seasonally 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:45 Bingo 1:00 Bridge 2:30 Payson Salmon Supper
9:00 NO Painting 7 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 10:30 Blood Pressure 11:15 Chair Aerobics 11:30 Birthday Wednesday Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8 8:30 Wendover 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9 9:00 Computer Help 10:00 Yoga 10:30 eBooks and eAudiobooks 10:30 Grief Support Class 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:45 Bingo 1:00 Bridge
9:00 Painting 14 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 Advisory Board (<i>open to public</i>) 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 15 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:00 Summer at Brighton 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 16 9:00 Computer Help 10:00 Yoga 10:30 Utah's Yellow Dot Program 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:45 Bingo 1:00 Bridge
9:00 Painting 21 9:00 Haircuts 9:15 Pinochle 9:30 Tracy Aviary 10:00 Yoga 10:00 NO Transportation 11:15 NO Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 22 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 23 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:45 Bingo 1:00 Bridge
9:00 Painting 28 9:00 Haircuts / Hearing Health 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 NO Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 29 8:30 Ceramics 9:00 Pickleball / 9:30 Toenail Clip 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 30 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

BRIDGE play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **12:30-3:30**. Beginners are welcome, all games are free, and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

Bingo

BINGO is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

NOTE: *The bingo cards will be available at 12:30 each Wednesday and Friday. Tables will be called randomly to pickup cards before the start of bingo.*

The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

Birthday Wednesday

Celebrate your **BIRTHDAY** on the **FIRST WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you are turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you have hit a decade! There is free cake and ice cream for everyone to enjoy, too.

A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!

Monday Movie

Join us on **Mondays** at **1:00** for a **free MOVIE** and popcorn!



FOR YOUR EYES ONLY

Monday, August 5
1981 / 127 minutes
British Spy



SHAZAM!

Monday, August 12
2019 / 132 minutes
Superhero



A SUMMER TO REMEMBER

Monday, August 19
2018 / 120 minutes
Romance



A LAWLESS STREET

Monday, August 26
1955 / 78 minutes
Western

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCE** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency that provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Tony Summerhays, and Kneaders Bakery and Café.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00** to **11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00** to **4:00**. Cost is **\$40** for an hour (12:00, 1:00, or 2:00). Cost is **\$20** for a half-hour (3:00 or 3:30). Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

Blood Pressure

Steward Health Care Network will be providing **free BLOOD PRESSURE** screenings on **Wednesday, August 7** from **10:30** to **12:00**.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, August 29** from **9:30** to **12:00**. The cost is **\$11**. Payment is required at time of scheduling; registration began Thursday, July 25.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Walking Club: Destination San Francisco

Get fit and have fun with the **CENTER WALKING CLUB**. The benefits of walking include improving cardio fitness, lowering blood pressure, and slowing the aging process. This summer we will be "walking to San Francisco (743 miles)." Cost of the program is **\$12** and all participants will receive a t-shirt, pedometer, and monthly calendars to track their progress. Register now and start walking for fitness.

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, August 13** from **1:30** to **3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Utah's Yellow Dot Program

Health Professionals from University of Utah Health will be at the Center on **Friday, August 16** at **10:30** to teach us about older adult driver safety. This is a **free** class. Register now.

UTAH'S YELLOW DOT PROGRAM is making a comeback in the state of Utah! The program started in 2012 and has continued to grow. The University of Utah Health's Trauma Department has partnered with the Utah Department of Safety to encourage older adults to drive safely and educate them about ways to do so.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, August 20** from **12:00** to **2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

Hearing Health

Sandra Combe, a Board Certified Hearing Instrument Specialist with a Bachelor of Science in Speech and Hearing, will be performing free otoscopy and speech-in-noise testing to determine your **HEARING HEALTH**.

Sandra will be here on **Wednesday, August 28** from **9:00** to **11:00**. Appointments will be 15 minutes in length. Advance appointments are required. This is a **free** service.

Exercise Classes

GENTLE YOGA

Tuesday 9:00-10:00

This class is gentle in its approach and not as strenuous as other practiced forms of yoga.

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

This class involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$20 monthly fee
- Class fees are not included in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Friday** at **12:30-2:00** beginning on Monday, August 26.

The students teach a **STRENGTH AND BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

A new eight-week session will begin on **Monday, August 12** through **Monday, October 7** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class. Register now.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Weekly Transportation

WEEKLY TRANSPORTATION to and from the Murray Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Springville World Folkfest

Travel on the Center bus to the **SPRINGVILLE WORLD FOLKFEST** on **Thursday, August 1 at 5:00 pm** and we will return at approximately 11:00 pm. Cost is **\$15** and includes transportation and entrance to the Festival. Dinner cost is on your own. Bring a lawn chair and umbrella or hat. Registration began Tuesday, July 9.

The Folkfest brings the color and excitement of traditional folk dance and music from around the world to Springville. Prior to the main performance, we will sample a variety of international foods and craft booths.

Payson Salmon Supper

Join us for the 65th annual **PAYSON SALMON SUPPER** on **Friday, August 2**. We have chartered a 52-passenger bus that will depart at **2:30** and the cost is **\$30**. Registration began on Tuesday, July 2.

Thousands of pounds of fresh Alaskan salmon are flown in to Payson City for this hearty meal of fine-grilled salmon (cooked by local firemen) and served with a baked potato, sweet local corn on the cob, salad, and dessert. Musicians and singers serenade the crowd waiting in line.

Wendover

Travel to **WENDOVER** on **Thursday, August 8**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person and includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30 am** and return that evening at approximately **7:00 pm**. Register now.

Heber City and Granny's Drive Inn

Come take a drive on the Center bus to **HEBER CITY** and visit Granny's Drive Inn for one of their classic milkshakes. On the way back, we'll drive through scenic Midway, then down Provo Canyon and back. The trip leaves on **Tuesday, August 13 at 11:00**. Cost is **\$8**. *Lunch or milkshake is on your own.* Register now.

Summer at Brighton

Get out of the heat and travel up Big Cottonwood Canyon on the Center bus and enjoy the cool air and scenery at **BRIGHTON**. As in days past, Brighton summers are easy and laid back. The Center bus will make a trip to Brighton on **Thursday, August 15 at 11:00**.

Lunch is on your own at the Milly Chalet. With a new smokehouse/BBQ inspired menu, the Chalet offers food that almost competes with the beautiful views. Cost is **\$6**. Wear your walking shoes to enjoy the boardwalk around Silver Lake. Registration begins Tuesday, July 30.

Tracy Aviary



Join us for Senior Day at **TRACY AVIARY**. Tracy Aviary, located inside Liberty Park, is the largest and oldest of only two free-standing aviaries in the nation and is accredited by the Association of Zoos and Aquariums. With an over 79-year history, the Aviary has grown and evolved to become a cultural landmark, public garden, and leader in environmental education and conservation.

The Center bus will depart on **Wednesday, August 21 at 9:30**. A sack lunch will be provided. Cost is **\$9**. Registration begins Tuesday, August 6.

Fall Colors

Our **FALL COLORS** chartered bus will travel up Provo Canyon to Heber and Kamas, then we will travel over the beautiful Mirror Lake Highway to Evanston where we will enjoy a buffet lunch at the Purple Sage Golf Course. We will return through Parley's Canyon. The bus will depart on **Thursday, October 3 at 9:00** and return around 4:00. The cost is **\$35** and includes lunch and transportation. Registration begins Tuesday, September 10.

AUGUST LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			¹ CHICKEN TENDERS Pasta Salad Beets Rice Krispy Treats	² TACO SALAD Pico de Gallo Chips Churro
⁵ VOLUNTEER BANQUET 11:00-1:00 <i>by invitation only</i>	⁶ CHILI DOGS Tater Tots Fruit Jell-O Parfait	⁷ SPAGHETTI AND MEATBALLS Side Salad Garlic Breadstick Birthday Cake and Ice Cream	⁸ TUNA SALAD CROISSANT Fresh Fruit Broccoli Salad Chocolate Chip Cookie	⁹ HONEY HAM Scalloped Potatoes Roll Green Beans Brownie
Lunch is served Tuesday-Friday between 11:30-12:30 Main Entrée fee is \$4 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4				
¹²  10:30 - 12:30	¹³ ROASTED TURKEY Cheesy Potatoes Carrots Sugar Cookie	¹⁴ LEMON PEPPER TILAPIA Herb Rice Corn Yogurt Parfait	¹⁵ BBQ CHICKEN WINGS Potato Salad Chips Fruit Pie	¹⁶ SLOPPY JOES Tater Tots Baked Beans Cupcake
¹⁹ NO LUNCH	²⁰ CHICKEN ALFREDO Roll Beets Ice Cream Sandwich	²¹ MEATBALL SUBS Onion Rings Chips Carrot Cake	²² FISH AND CHIPS Coleslaw Cinnamon Roll	²³ SAUSAGE AND PENNE Small Salad Roll Popsicle
²⁶  10:30 - 12:30	²⁷ SHEPARD'S PIE Side Salad Cheddar Biscuit Fruit Cup	²⁸ TERIYAKI CHICKEN Pasta Salad Corn Chocolate Pudding	²⁹ COUNTRY FRIED STEAK Mashed Potatoes and Gravy Green Beans Oatmeal Raisin Cookie	³⁰ LASAGNA Side Salad Garlic Bread No Bake Cheesecake